

## Independent Living Centers and Transition to Adulthood Programs

The Massachusetts Rehabilitation Commission contracts with eleven agencies known as Independent Living Centers (ILCs) throughout the state. ILCs are non-profit organizations that practice consumer control; they are 51% managed by people with disabilities, for people with disabilities.

### What is an Independent Living Center?

ILCs provide the following services that assist individuals with disabilities to achieve their self-identified goals through:

- **Peer Counseling** – the opportunity to tap the experience of other people with disabilities who have successfully strived to lead productive and meaningful lives in their communities through a peer role modeling approach. Peer counseling issues include: personal growth, problem solving, socializing or issues faced specifically by persons with disabilities.
- **Skills Training** – the acquisition of skills needed for living independently, such as how to find housing, Personal Care Attendant management, budgeting, self-advocacy or managing entitlements or benefits.
- **Information and Referral** – providing information and referrals related to disability such as where to look for accessible housing, adaptive equipment, medical providers, legal assistance and a large number of other programs and resources.
- **Advocacy** – helping persons with disabilities to know and assert their rights with, for example, the health care system, landlords, accessing financial benefits and in the community in general.

### What is a Transition to Adulthood Program?

The MRC T22 Independent Living Program contracts with six Independent Living Centers (ILCs) to help students with disabilities prepare for the transition from special education to adulthood, regardless of their type of disability. Students receiving TAP services attend public, private, and residential schools throughout Massachusetts. Experienced skills trainers, who themselves have a disability, provide advocacy, skills training, and peer counseling to young people with disabilities in their school setting.

Students learn skills and self-confidence to better prepare them for independence. Exposure to adult peer role models, as well as skills training, helps students learn how to take on the responsibilities of living independently in the community of their choice.

**Who is Eligible for TAP Services?** Any individual who:

- is aged 14-22 and enrolled in special education, regardless of the type of disability and
- desires to learn independent living and self-advocacy skills

Please note: All Independent Living Centers serve people with disabilities of all ages; however, the TAP program is specialized to work with adolescents transitioning out of high school.

If a student is interested in receiving independent living skills training through the TAP while he/she is in school, please contact MaryEllen MacRae, T22 Program Coordinator at (617)204-3618 (voice) or (617)204-3815 (TTY)

*The Americans with Disabilities Act of 1990 (ADA) prohibits discrimination on the basis of disability in employment and public services provided by government agencies. If consumers or employees of the Massachusetts Rehabilitation Commission believe they have been discriminated against on the basis of disability, they should contact the Commission's Civil Rights Officer:*

*Mary Connelly, Massachusetts Rehabilitation Commission, 600 Washington Street, Boston, MA 02111, 617-204-3736*

## Massachusetts Independent Living Centers

### **Ad-Lib, Inc.**

215 North Street  
Pittsfield, Ma. 01201  
(413) 442-7047  
TTY (413) 442-7158  
[www.adlibcil.org](http://www.adlibcil.org)

### **\*Boston Center for Independent Living**

60 Temple Place, 5<sup>th</sup> floor  
Boston, Ma. 02111  
(617) 338-6665  
TTY (617) 338-6662  
[www.bostoncil.org](http://www.bostoncil.org)

### **\*Center for Living and Working**

484 Main Street, Suite 345  
Worcester, Ma. 01608  
(508) 798-0350  
TTY (508) 755-1003  
[www.centerlw.org](http://www.centerlw.org)

### **\*Cape Organization for the Rights of the Disabled**

106 Bassett Lane  
Hyannis, Ma. 02601  
(508) 775-8300 (voice/TTY)  
[www.cilcapecod.org](http://www.cilcapecod.org)

### **Independence Associates**

141 Main Street, 1<sup>st</sup> floor  
Brockton, Ma. 02301  
(508) 583- 2166 (voice/TTY)  
[www.iacil.org](http://www.iacil.org)

### **Independent Living Center of the North Shore & Cape Ann**

27 Congress Street, Suite 107  
Salem, Ma. 01970  
(978) 741-0077 (voice/TTY)  
[www.ilcnsca.org](http://www.ilcnsca.org)

### **Metro West Center for Independent Living**

280 Irving Street  
Framingham, Ma. 01702  
(508) 875- 8359 (voice/TTY)  
[www.mwcil.org](http://www.mwcil.org)

### **\*Northeast Independent Living Program**

20 Ballard Road  
Lawrence, Ma. 01843  
(978) 687-4288 (voice/TTY)  
[www.nilp.org](http://www.nilp.org)

### **\*Southeast Center for Independent Living**

Merrill Building, 66 Troy Street  
Fall River, Ma. 02721  
(508) 679- 9210 (voice/TTY)  
[www.secil.org](http://www.secil.org)

### **\*Stavros Center for Independent Living, Inc.**

210 Old Farm Road  
Amherst, Ma. 01002  
(413) 256-0473 (voice/TTY)  
[www.stavros.org](http://www.stavros.org)

### **Multicultural Independent Living Center of Boston**

329 Centre Street  
Jamaica Plain, Ma. 02130  
(617) 942- 8060  
[www.milcb.org](http://www.milcb.org)

**\*An asterisk indicates that Independent Living Center has a TAP program.**